

SNo	Name	Area	Town(s)	County	Notes
1	Above All State Park	31 acres (13 ha)	Warren/Litchfield	Litchfield	Home to a former site of the SAGE Air Defense Network
2	Air Line State Park Trail			Windham	Includes East Hampton, Colchester, Hebron, Columbia, Lebanon, Windham, Chaplin, Hampton, Pomfret, Putnam, Thompson
3	Beaver Brook State Park	401 acres (162 ha)	Chaplin, Windham	Windham	
4	Becket Hill State Park Reserve	260 acres (105 ha)	Lyme	New London	Adjacent to Nehantic State Forest
5	Beckley Furnace Industrial Monument		North Canaan	Litchfield	
6	Bennett's Pond State Park	460 acres (186 ha)	Ridgefield, Danbury	Fairfield	
7	Bigelow Hollow State Park	513 acres (208 ha)	Union	Tolland	Adjoins Nipmuck State Forest and borders Mashapaug Lake; boat launch, swimming
8	Black Rock State Park	443 acres (179 ha)	Watertown	Litchfield	Camping, pond fishing, Mattatuck Trail
9	Bluff Point State Park	806 acres (326 ha)	Groton	New London	Ocean access, boat launch; near Haley Farm State Park
10	Bolton Notch State Park	95 acres (38 ha)	Bolton	Tolland	Rock climbing
11	Brainard Homestead State Park	25 acres (10 ha)	East Haddam	Middlesex	
12	Burr Pond State Park	436 acres (176 ha)	Torrington	Litchfield	Boating, fishing, swimming
13	Camp Columbia State Park/State Forest	591 acres (239 ha)	Morris	Litchfield	
14	Campbell Falls State Park Reserve		Norfolk	Litchfield	On the Massachusetts border
15	Chatfield Hollow State Park	355.6 acres (143.9 ha)	Killingworth	Middlesex	Swimming, fishing
16	Collis P. Huntington State Park	878 acres (355 ha)	Redding, Newtown, Bethel	Fairfield	Fishing, canoeing, mountain biking, horseback riding
17	Connecticut Valley Railroad State Park	136 acres (55 ha)	Essex	Middlesex	Essex Steam Train from Essex to Chester up the Connecticut River valley

18	Dart Island State Park	19 acres (7.7 ha)	Middletown	Middlesex	In the Connecticut River, access by water only
19	Day Pond State Park	180 acres (73 ha)	Colchester	New London	Swimming, pond fishing
20	Dennis Hill State Park	240 acres (97 ha)	Norfolk	Litchfield	
21	Devil's Hopyard State Park	860 acres (348 ha)	Haddam	Middlesex	Camping, stream fishing, waterfall
22	Dinosaur State Park	60 acres (24 ha)	Rocky Hill	Hartford	Natural history museum, arboretum
23	Eagle Landing State Park	16 acres (6 ha)	Haddam	Middlesex	On the Connecticut River, boat dock, fishing pier, winter eagle viewing
24	Farm River State Park	61 acres (25 ha)	East Haven	New Haven	Boat launch, fishing
25	Farmington Canal State Park Trail		Cheshire, Hamden	New Haven	Part of the Farmington Canal Trail
26	Fort Griswold Battlefield State Park	16 acres (6 ha)	Groton	New London	Site of the 1781 massacre led by Benedict Arnold; American Revolutionary War museum and historic house; restored earthwork battery, cannons and fort remains; military monuments
27	Fort Trumbull State Park		New London	New London	19th century fort with museum, fishing pier on Long Island Sound
28	Gardner Lake State Park	10 acres (4 ha)	Salem	New London	Boating, fishing, swimming
29	Gay City State Park	1,569 acres (635 ha)	Hebron	Tolland	Former mill-town ruins; pond fishing, swimming, youth group camping; bordered by a part of the Meshomasic State Forest
30	George Dudley Seymour State Park		Haddam	Middlesex	Abuts Higganum Meadows Wildlife Management Area; fishing, hunting
31	George Waldo State Park	150 acres (61 ha)	Southbury	New Haven	Accesses Lake Lillinonah
32	Gillette Castle State Park	184 acres (74 ha)	East Haddam	Middlesex	Castle house museum, camping along the Connecticut River
33	Haddam Island State Park		Haddam	Middlesex	In the Connecticut River
34	Haddam Meadows State Park	175 acres (71 ha)	Haddam	Middlesex	Boating, fishing on the Connecticut River
35	Haley Farm State Park	198 acres (80 ha)	Groton	New London	Bike trail, near Bluff Point State Park
36	Hammonasset Beach State Park	919 acres (372 ha)	Madison	New Haven	Beach, swimming, fishing, camping, nature center, carry-in boating
37	Harkness Memorial State	116 acres (47 ha)	Waterford	New London	42 room mansion museum open on seasonal weekends, formal gardens, fishing

	Park				
38	Haystack Mountain State Park	224 acres (91 ha)	Norfolk	Litchfield	Observation tower
39	Higganum Reservoir State Park	147 acres (59 ha)	Higganum	Middlesex	Car-top boating, fishing, hunting
40	Hop River State Park Trail		Manchester to Willimantic	Hartford, Windham	Includes Manchester, Vernon, Bolton, Andover, Columbia, Coventry, Willimantic
41	Hopemead State Park	60 acres (24 ha)	Bozrah, Montville	New London	Fishing on Gardner Lake
42	Hopeville Pond State Park	544 acres (220 ha)	Griswold	New London	Camping, boating, swimming, pond fishing, field sports
43	Horse Guard State Park	105 acres (42 ha)	Avon	Hartford	
44	Housatonic Meadows State Park	451 acres (183 ha)	Sharon	Litchfield	Camping, canoeing, fly fishing on the Housatonic River
45	Humaston Brook State Park	141 acres (57 ha)	Litchfield	Litchfield	Fishing
46	Hurd State Park	884 acres (358 ha)	East Hampton	Middlesex	Camping, mountain biking, views of the Connecticut River
47	Indian Well State Park	153 acres (62 ha)	Shelton	Fairfield	Boating, swimming, fishing on the Housatonic River, waterfalls
48	John A. Minetto State Park	678 acres (274 ha)	Torrington	Litchfield	Pond and stream fishing, cross-country skiing
49	Kent Falls State Park	295 acres (119 ha)	Kent	Litchfield	Waterfalls, replica covered bridge
50	Kettletown State Park	492 acres (199 ha)	Southbury	New Haven	Camping, swimming, fishing on Lake Zoar
51	Killingly Pond State Park	162 acres (66 ha)	Killingly	Windham	Boating, fishing
52	Lake Waramaug State Park	95 acres (38 ha)	Kent	Litchfield	Camping, car-top boating, swimming, fishing
53	Lamentation Mountain State Park	47 acres (19 ha)	Berlin	Hartford	Scenic vistas
54	Larkin State Park Trail	110 acres (45 ha)		New Haven	Middlebury, Naugatuck, Oxford, Southbury
55	Lovers Leap State Park		New Milford	Litchfield	Scenic vistas of the Housatonic River
56	Macedonia Brook State Park	2,300 acres (930 ha)	Kent	Litchfield	Camping, stream fishing

57	Machimoodus State Park	300 acres (121 ha)	East Haddam	Middlesex	Fishing, horseback riding
58	Mansfield Hollow State Park	2,328 acres (942 ha)	Mansfield	Tolland	Boating, fishing, field sports, mountain biking, cross country skiing; surrounds Mansfield Hollow Lake
59	Mashamoquet Brook State Park	860 acres (348 ha)	Pomfret	Windham	Camping, swimming, stream fishing
60	Mianus River State Park	527 acres (213 ha)	Stamford	Fairfield	Biking, fishing, horseback riding
61	Millers Pond State Park		Durham	Middlesex	Fishing, hunting, mountain biking
62	Minnie Island State Park	1 acre (0 ha)	Bozrah, Montville	New London	Boating, fishing, accessible only by boat
63	Mohawk Forest/Mohawk Mountain State Park	260 acres (105 ha)	Cornwall	Litchfield	
64	Mono Pond State Park Reserve	218 acres (88 ha)	Columbia	Tolland	Boating, fishing, hunting, cross-country skiing
65	Moosup Valley State Park Trail			Windham	
66	Mooween State Park	577 acres (234 ha)	Lebanon	New London	Boating, fishing
67	Mount Bushnell State Park	214 acres (87 ha)	Washington	Litchfield	
68	Mount Riga State Park	276 acres (112 ha)	Salisbury	Litchfield	
69	Mount Tom State Park	232 acres (94 ha)	Litchfield	Litchfield	
70	Old Furnace State Park	367 acres (149 ha)	Killingly	Windham	Boating, fishing, hunting; site of an old iron furnace
71	Osbornedale State Park	350 acres (142 ha)	Derby	New Haven	
72	Penwood State Park	787 acres (318 ha)	Bloomfield	Hartford	Cross country skiing, Metacomet Trail
73	Platt Hill State Park	159 acres (64 ha)	Winchester	Litchfield	Scenic vistas
74	Pomeroy State Park	200 acres (81 ha)	Lebanon	New London	Hunting
75	Putnam Memorial State Park	183 acres (74 ha)	Redding	Fairfield	Fishing, American Revolutionary War museum, historic site, youth group camping
76	Quaddick State Park	116 acres (47 ha)	Thompson	Windham	Boat launch, swimming, fishing, field sports
	Quinebaug	181 acres			

77	Lake State Park	(73 ha)	Killingly	Windham	Boating, fishing
78	Quinnipiac River State Park	323 acres (131 ha)	North Haven	New Haven	Car-top boating, fishing on the Quinnipiac River, hunting
79	River Highlands State Park	177 acres (72 ha)	Cromwell	Middlesex	River camping along the Connecticut River
80	Rocky Glen State Park	46 acres (19 ha)	Newtown	Fairfield	
81	Rocky Neck State Park	708 acres (287 ha)	East Lyme	New London	Beach, swimming, camping, saltwater fishing
82	Ross Pond State Park	314 acres (127 ha)	Killingly	Windham	Boating, fishing, hunting
83	Salt Rock State Campground	149 acres (60 ha)	Sprague	New London	Camping, fishing, pool swimming, access to Shetucket River
84	Satan's Kingdom State Recreation Area		New Hartford	Litchfield	Canoeing, kayaking, tubing
85	Scantic River State Park	784 acres (317 ha)	Enfield, East Windsor, Somers	Hartford	Fishing, hunting
86	Selden Neck State Park	528 acres (214 ha)	Lyme	New London	Island on the Connecticut River, access only by water, camping, fishing, hunting
87	Seth Low Pierrepont State Park Reserve	313 acres (127 ha)	Ridgefield	Fairfield	Car-top boating, fishing
88	Sherwood Island State Park	234 acres (95 ha)	Westport	Fairfield	Beach, swimming, nature center, field sports, saltwater fishing
89	Silver Sands State Park		Milford	New Haven	Beach, swimming, saltwater fishing
90	Sleeping Giant State Park	1,439 acres (582 ha)	Hamden	New Haven	Features the Quinnipiac Trail, lookout tower, stream fishing, youth group camping
91	Southford Falls State Park	120 acres (49 ha)	Oxford	New Haven	Waterfalls, covered bridge, pond and stream fishing, cross country skiing, field sports
92	Squantz Pond State Park	172 acres (70 ha)	New Fairfield	Fairfield	Boating, swimming, pond fishing, scuba diving
93	Stillwater Pond State Park	226 acres (91 ha)	Torrington	Litchfield	Boating, fishing
94	Stoddard Hill State Park	55 acres (22 ha)	Ledyard	New London	Boating, fishing
95	Stratton Brook State Park	148 acres (60 ha)	Simsbury	Hartford	Swimming, fishing, biking, cross country skiing
96	Sunnybrook State Park	464 acres (188 ha)	Torrington	Litchfield	Fishing, hunting

97	Sunrise Resort State Park	143 acres (58 ha)	East Haddam	Middlesex	
98	Talcott Mountain State Park	557 acres (225 ha)	Simsbury	Hartford	Observation tower, scenic vistas, Metacomet Trail
99	Tri-Mountain State Park	157 acres (64 ha)	Durham, Wallingford	Middlesex, New Haven	
100	Trout Brook Valley State Park Reserve	300 acres (121 ha)	Easton	Fairfield	
101	Wadsworth Falls State Park	285 acres (115 ha)	Middlefield	Middlesex	Waterfall, swimming, stream fishing, mountain biking
102	West Rock Ridge State Park	1,533 acres (620 ha)	Hamden/New Haven	New Haven	Features the Regicides Trail, scenic vistas, fishing, car-top boating, horseback riding
103	Wharton Brook State Park	96 acres (39 ha)	Wallingford	New Haven	Fishing, swimming
104	Whittemore Glen State Park	242 acres (98 ha)	Naugatuck, Middlebury	New Haven	Horseback riding
105	Windsor Locks Canal State Park Trail		Windsor Locks, Suffield	Hartford	4.5 mile bike trail, fishing along the canal
106	Windsor Meadows State Park	155 acres (63 ha)	Windsor	Hartford	Boat launch on the Connecticut River, fishing, bicycling
107	Wooster Mountain State Park	444 acres (180 ha)	Danbury	Fairfield	Skeet, trap and target shooting, hunting

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